

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.



Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

33rd Year

May 3, 1976

PROCUREMENT SECTION
CURRENT SERIAL RECORDS No. 18



In This Issue:

- 1 - Gardens: For Herbs
- 2 - Food: Cheese Consumption
- 3 - Homemakers:
Quilting —
- 4 - Not a Lost Art

Most baking powders contain cornstarch and some contain egg white. If you're allergic you should look for special baking powders that do not contain cornstarch or eggs according to USDA Agriculture specialists.

* * *

If you have an allergic reaction to milk derivatives such as lactose or sodium caseinate you should read the small print on labels.

* * *

A "gluten-free" recipe contains only corn, potato, rice, soy, and tapioca flours. Did you know that tapioca flour is the starch made from the fleshy root of the manico or cassava plant?

* * *

Counting calories? Did you know that 5 medium-size potato chips can add more than 50 calories to the day's total?

* * *

BICENTENNIAL GARDEN

—FOR ALL THE PEOPLE

A new herb garden is being planned for the National Arboretum, the 415 acre area in Northeast, Washington, D.C., which is operated by the U.S. Department of Agriculture. The Herb Society of America will build the \$250,000 herb garden at the Arboretum as a gift to the American people.

A formal "knot" garden with plants arranged in intricate patterns resembling various kinds of knots is planned as well as speciality sections for medicines, flavoring, oils, dyes, teas, and herbs. Some of the herbs will be those used by the earlier settlers and the Indians in this country. The garden's size (a little less than an acre) will accomodate fairly large groups for visitors to study the plantings. The educational program at the Arboretum will be expanded to include herb culture and uses.

The first stages of the garden are expected to be ready for viewing in mid-summer of 1977, in time for the 50th anniversary celebration of the National Arboretum.

THE BIG CHEESE

—— WE EAT MORE,
AND MORE,
AND MORE



Like as not, you enjoy cheese...most folks do! Proof is in the numbers — natural cheese production has nearly doubled since 1960 — almost half of the increase coming in the years '71 - '74. Actually there are fewer "cheesemakers" — fewer plants...but over-all more cheese is being produced than ever before as reported by USDA's Economic Research Service.

For the fourteen year period (1960-1974) all types of cheese products increased. Italian-type cheese registered the biggest increase — '74 production was four times greater than in 1960. American type cheeses climbed 80 percent over 1960...Swiss worked its way up 50 percent, and cream cheese production and Neufchatel together, 37 percent.

U.S. Natural cheese production shows American-type cheese on top. It accounted for 63 percent of the nearly 2.7 million pounds produced in 1973. Cheddar cheese headed the list and then came Italian-type cheese (two-thirds Mozzarella). Swiss and other varieties followed (mostly Blue, Brick, Muenster, and Neufchatel) and then — Cream Cheese.

Leading cheese states are still Wisconsin, then Minnesota, New York and Illinois. As all else, prices of cheese went up during 1960-1973 — the price of an 8-ounce package of processed American cheese climbed 80 percent. Cheese production claimed a record of 23 billion pounds of milk in 1973 — which indicates what a pull cheese has on the milk industry.

HOME QUILTING — NOT A LOST ART

Quilting — a home industry — might be considered an old art form which represents a feeling of true Americana. Quilt-making often supplements incomes for older citizens and presents a form of nostalgia that blankets our country from coast to coast. What geographical area doesn't have its own quilting designs? Each area in a special way, represents the way "life was" in their region of the United States.



Maybel Coyner of Putnam County, West Virginia, displays an official Bicentennial quilt (front) and a "Bed of Peonies" quilt.

Senior citizens in Putnam County, W.VA., through the Extension Homemaker Clubs have developed working arrangements with a number of "outlets" for their quilting creations. One national company that sells kits has contracted with them to make sample items. The company supplies the materials, homemakers make the items and the company pays for the work.

A national woman's magazine contracted with them to piece quilts for an article-layout on the subject. A Bicentennial quilt, depicting the intricate official seal of the state of West Virginia, was pieced by a Putnam Countian and displayed on the Freedom train that is crossing the country.

(MORE)

HOME QUILTING (CON'T)

A number of other "special" requests for original design quilts have been ordered from this Homemaker group which could serve as a "how-to" for other citizens looking for creative ideas. A "buckeye" quilt was created for an order from Ohio...and a furniture company requested that they make linen cushions for a "limited Edition" rocker. The requests, like the creations, are limitless.

This "home industry" began, by chance, six years ago for the West Virginia group. Charlotte Critchfield, county Extension home economist arranged for a quilting company representative to talk to the group. She hoped to build some enthusiasm from the members and to find a "market" for their efforts. The plan worked so successfully that others have also contacted them for ideas.

With the concern in mind that quilting may become a "lost art", the members have volunteered to appear in near-by department stores, libraries and museums to increase the interest in quilting.

"Most senior citizens have a stringently limited income" said Mrs. Wylene Dial, W. VA. State Extension specialist in aging. "Especially with inflation now, people realize that their life savings are not enough for a comfortable retirement. Quilting is a way to get extra money and to make a self-satisfying contribution to the marketplace".

This type of project can "work" anywhere in the world, according to the Extension specialists. There apparently is a good market for this type of work — and for many senior citizens this is an exciting ¹entre back into the business world and at a pace which could fit any pattern of life. Extension agents in all parts of the country are working with the homemaker groups to encourage the art of quilting — and to provide a means of getting extra money for senior citizens who have found the inflationary period a difficult time in which to cope financially.

Food and Home Notes is a weekly newsletter published by Press Service, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250, Shirley Wagener, Editor.....Telephone 202-447-5898.
